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THE THIN LINE BETWEEN 'FAT' AND 'CURVY'

PLUS-SIZE CELEBRITIES ARE BOTH ADORED AND CRITICIZED PAGE 16

CALGARY metro®

Tuesday, March 6, 2012

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LEAD THE WAY

Steve Yzerman aims to make Team Canada proud ... again

PAGE 24

Steve Yzerman is going to lead Team Canada into the 2014 Sochi Olympics. Hockey Canada has named Yzerman, shown in this file photo, executive director of the men's hockey team for a second straight Winter Games.

NATHAN DENETTE/THE CANADIAN PRESS FILE

SUV going wrong way kills four

Highway tragedy. Vehicle spotted swerving, heading south in north lane for 20 km before crash: RCMP

Witnesses to a highway crash Sunday near Innisfail said an SUV drove 20 kilometres on the wrong side of a divided highway before hitting another car head-on.

RCMP Const. Doug Dewar said police were told of a northbound SUV driving in a southbound lane, and had an off-duty officer "shadowing" when it struck another vehicle about 11:10 p.m., killing four people from Edmonton in the second SUV.

"It was almost a square head-on collision," said Dewar.

Two men, both 35, and two women, aged 39 and 52, were killed on impact.

"They were not at fault," said Dewar, noting all four were Filipino temporary workers.

A 28-year-old woman was sent to University of Alberta Hospital in critical condition, and underwent surgery Monday.

Her condition was not known.

An employee at the Coast Plaza Edmonton Hotel, who wished not to be named, confirmed the four crash victims had worked at the hotel as foreign workers.

The driver of the SUV, a 29-year-old man from Cochrane, remains in custody and would be facing a number of charges, including impaired driving causing death and refusing to provide a breath sample, Dewar said.

SHELLEY WILLIAMSON/METRO EDMONTON

Extra heat in his kitchen

Calgarian set to represent the prairies on Top Chef Canada for Season 2 of the show PAGE 4

Packing up in Damascus

Canada withdraws remaining diplomats and closes its embassy amid the violence in Syria PAGE 7

A step forward for police

Local officers gain upper hand on drug traffickers in possession of toxic ecstasy PAGE 3

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Education

Board divided amid fear of CBE 'super-secret meetings'

At least three Calgary public school trustees believe newly proposed rules for interaction with constituents will improve transparency, but one of their peers alleges the move fosters an environment based on "super-secret meetings."

Late last year, trustees were sent back to the drawing board after public outcry thwarted a proposed suspension of stakeholder reports at Calgary Board of Education meetings.

Three trustees revising the meeting procedures now plan to not only keep that input but also open the floor 30 minutes prior to the board meetings for public dialogue.

"We learned and we're responding by creating much better stakeholder dialogue," said Joy Bowen-Eyre, one of the representatives involved.

But trustee Sheila Taylor worries other changes in the proposed report coming to a vote Tuesday will prevent her from acting as an independent representative.

The document suggests notices of motion — commonly put forth by publicly elected officials acting in other meetings, such as city council — should be screened by the board during confidential work sessions before ever being made public.

"You need to have mechanisms to have the conversation," Taylor said. "If you remove those, where are the conversations going to happen? They're either not going to happen or they're going to happen behind closed doors."

Bowen-Eyre countered by saying the meetings should be focused on work of the overall board and not "surprises" spurred by a single trustee.

JEREMY NOLAIS/METRO

Police are still actively working to remove ecstasy tablets like these from Calgary streets, but say public tips have been vital to their success to date. METRO FILE

Police see progress in PMMA-ecstasy fight

Drugs. Slew of trafficking charges laid recently for those allegedly possessing a variety of substances

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Public tips and diligent efforts by investigators have seemingly allowed police to gain the upper hand on drug traffickers in possession of extremely toxic version of ecstasy.

Still, residents are being urged not to let their guard down. Drug unit Staff Sgt. Mike Bossley points to dozens of drug-related charges laid in the past week as indication that illegal substances are still actively being distributed on Calgary streets.

Eight deaths in Calgary, two in southern Alberta and at least five in B.C. have been linked to an ecstasy compound known as PMMA, which is said to be five times more toxic than typical chemicals.

While the overdoses date back to last summer, it has been nearly a month since police attributed an overdose death to the toxin.

"Although we haven't had a number of deaths recently, what we don't know (is) is there somebody still sitting on this drug somewhere waiting it out a little bit? ... That's the big issue. We don't have that information at this point," said drug unit Staff Sgt. Bossley.

Alberta Health Services, meanwhile, has reported that, for every death linked to PMMA ecstasy, dozens more patients have flocked to the province's emergency rooms — some of whom have been suffering from life-threatening symptoms.

Quoted

"We had a number of deaths in a very short period of time. With all the public messaging that's being done ... we have seen a significant drop in the number of PMMA-associated cases."

Police Staff Sgt. Mike Bossley

Police drug unit

1. One of three operations led by the police drug unit in the past week yielded ecstasy, which has been sent away to be tested for the presence of PMMA. Cody Lane Holt, a 28-year-old Calgary resident faces numerous charges in connection with the bust.
2. Eight people were also slapped with 30 charges after police seized drugs from three locations last week. A woman was also charged following a bust over the weekend.

1 NEWS

Online video

Putin Protest

An attempt by Vladimir Putin's foes to protest his presidential election victory by occupying a Moscow square ended with riot police quickly dispersing and detaining hundreds of demonstrators. Watch at metronews.ca/video

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Calgarian to rep Prairies on Top Chef Canada

Kitchen heat.
Chef proud to be representing Calgary ... but wary of whirlwind challenges

KATIE TURNER
katie.turner@metronews.ca

As the only representative of Alberta and the Prairie provinces, one Calgary chef said he felt a little extra heat in his kitchen during the taping of Season 2 of Top Chef Canada.

Out of 16 cast members, 10 are from Ontario, four from British Columbia, one from Quebec and one from Alberta.

Calgarian Xavier Lacaze, executive chef at Muse Restaurant and Lounge, said when he found out he was single-handedly representing the Prairies he had mixed feelings.

"At first, I felt pretty lucky, but as the names were revealed and I started getting support and calls. ... I now feel a little bit of pressure because I'm the only face representing between Vancouver and Ontario," he said

"I feel very proud to be the one representing Calgary

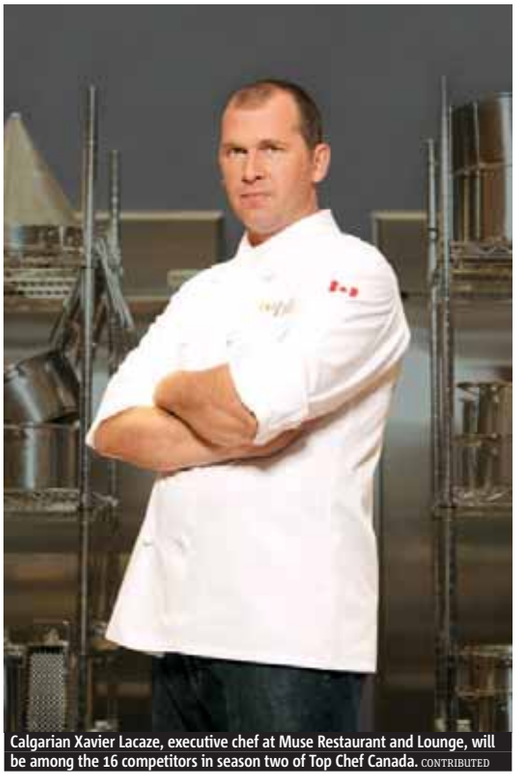
Without revealing the outcome of the show, Lacaze shared some of his learning experiences during the whirlwind process.

"To be honest, I think a lot of chefs in the country, when we watched Top Chef (Canada) Season 1, we thought, 'This doesn't seem too hard, I can do this,'" he said. "Once you're actually in front of a camera in the kitchen with a real timer and those crazy challenges thrown at you, it's actually a lot harder then you think."

Top Chef Canada Season 2 premieres on March 12.

Other Calgarian chefs

- Two Calgarians, Connie DeSousa and Rebekah Pearse, were selected for the first season of Top Chef Canada.
- DeSousa made it to the finals and finished in third place.
- Muse will be screening the premiere on March 12.



Calgarian Xavier Lacaze, executive chef at Muse Restaurant and Lounge, will be among the 16 competitors in season two of Top Chef Canada. CONTRIBUTED

New nomination. MLA Ady stepping down

Cindy Ady METRO FILE

After three terms as MLA for Calgary-Shaw, Cindy Ady announced yesterday that she would not be seeking re-election.

Ady, former minister of tourism, parks and recreation, wrote on her website Monday that she has chosen to "transition and explore new opportunities."

Her decision means the PC party may have to hold a new nomination for the riding or a candidate could be appointed. METRO

Police custody

Suspect nabbed in string of sex acts

A suspect has been taken into police custody in what is believed to be a break in the hunt for a sexual predator in Calgary's southwest.

The most recent incident saw a woman shoved to the ground at a bus stop near 26th Avenue and 25th Street S.W.

A similar suspect was described by victims of three other incidents on Feb. 17 and two on Feb. 24, police said.

Police expected to release more details on the arrest Tuesday.

METRO

Weather

Snow ban could be called for today

City officials were hesitant to call a snow route parking ban Monday after monitoring varying weather reports but said a ban could still be n the forecast for today.

Spokesperson for the roads department Sean Somers said should heavy snowfall blanket Calgary, a ban would need to be called in the morning hours.
For updates, visit Metronews.ca/calgary.

KATIE TURNER

Ripa. Banff to host LIVE! taping

Kelly Ripa will be heading to Banff National Park to tape four shows next month.

The Banff Centre will play host to LIVE! with Kelly between April 2 to 5.

"We're of course thrilled to host this," said Debra Hornsby, spokesperson for The Banff Centre.

The show's executive producer Michael Gelman said the Canadian fanbase is among its most loyal.

"This will be our first visit to Alberta, and the majesty of the Canadian Rockies will be a stunning setting for the shows," said Gelman, in a release.

Tickets will be available through the LIVE! with Kelly website.

To place an order, navigate to the site, at dadt.com/live, and click on the Show Info tab at the top of the page. METRO

First visit to Alberta

"This will be our first visit to Alberta, and the majesty of the Canadian Rockies will be a stunning setting for the shows."

Executive producer Michael Gelman

Chastised. Backbencher demoted over letter

An Alberta government backbencher has been publicly chastised by Premier Alison Redford for warning his own constituents to keep quiet about a crumbling school.

Redford told the house during question period that she is "a little bit disappointed" with Hec Goudreau.

She also told the house that Goudreau is out as head of a cabinet policy committee on community development.

THE CANADIAN PRESS

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Trial. London jury hears horrifying details in Tori Stafford murder case

Eight-year-old Victoria Stafford's brutally beaten body, clad only in a Hannah Montana T-shirt, lay for 103 days in garbage bags under a pile of rocks far from home, a first-degree murder trial heard Monday.

There was a light covering of snow in the farmer's field where she was left on April 8, 2009, after being killed with several blows to the head with a hammer, a jury in London, Ont., was told in the Crown's opening statement. The snow was long gone by the time her badly decomposed remains, with a pair of butterfly earrings belonging to her mother, were found by a police officer on July 19.

The Crown's horrifying account of the Grade 3 student's last hours, after she was grabbed outside her school in Woodstock, Ont., was laid out Monday.

Tori was abducted by Rafferty and McClintic, sexually assaulted and brutally beaten to death within the span of several hours, Crown attorney Kevin Gowdey told the jury. McClintic, 21, has already pleaded guilty to first-degree murder and is serving a life sentence.

Rodney Stafford, father of slain eight-year-old Woodstock girl Victoria Stafford, speaks to reporters.
GEOFF ROBINS/THE CANADIAN PRESS

Outside court earlier Monday, her father Rodney Stafford said it's hard for him to be in the same room as the man accused of killing his daughter, and he hopes Tori's name will be remembered more than the man in the prisoner's dock.

"It's not about Rafferty, it's about the little girl who lost her life," he said, carefully choosing his words because the trial is underway.

THE CANADIAN PRESS

Tory MP blames robocall on Elections Canada

Protesters take part in a robocall protest on Parliament Hills in Ottawa on Monday. Conservative backbencher Maurice Vellacott Monday suggested Elections Canada may be to blame for the robocalls affair, saying there have been numerous address errors by Elections Canada in the six federal elections he has contested.

SEAN KILPATRICK/THE CANADIAN PRESS

Back-and-forth

NDP-er calls for Tory to quit over sleep accusations

NDP veterans affairs critic Peter Stoffer is calling on Conservative MP Rob Anders to resign from a House of Commons committee after veterans accused him of falling asleep during a presentation.

Stoffer said Monday it was insulting that Anders allegedly fell asleep before a Parliamentary committee about veterans.

THE CANADIAN PRESS

100th anniversary

Mint releases Titanic coin

The Royal Canadian Mint has unveiled a commemorative silver coin to mark the centennial of the Titanic sinking.

The collector coin features a design by artist Yves Berube of the ship under full steam as it nears an iceberg. It also shows the longitude and latitude of where the ship sank in the North Atlantic. THE CANADIAN PRESS

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Syria. Canada closes embassy, recalls staff, increases sanctions

Canada has withdrawn its remaining diplomats from Syria and closed the embassy in Damascus.

Foreign Affairs Minister John Baird said the deteriorating security situation forced the pullout.

"Canada has maintained its diplomatic presence in Syria — despite the risks — to monitor developments on the ground and to deliver tough and frank messages to the Syrian authorities," Baird said in a statement.

"These messages will continue to be delivered directly through the Syrian embassy here in Ottawa and through our other international forums."

Canada has been urging Canadians to leave Syria for months.

Any remaining can still seek consular help through Beirut, Lebanon, or Amman, Jordan.

The closure came as Baird also announced more sanctions against Syria, including a freeze on the assets of the country's central bank and seven senior ministers in the government of Bashir Assad.

Frozen out

Canada now has imposed travel bans, sanctions and freezes on 115 Syrian individuals and 39 entities.

Baird is calling for a wider international effort to pressure the Assad regime.

"We must put concerted and intense international pressure on the regime to stop the violence and to allow a peaceful, Syrian-led transition," he said.

"Those responsible for the violence across Syria must be held accountable for their actions."

The minister said Assad must go.

"Change will happen. Syrians will have their day — and Canada stands with the Syrian people in their push for a better, brighter future."

THE CANADIAN PRESS

Train crash

Railway safe, Poland insists

A train collision that left 16 people dead in Poland has put the spotlight on the country's long-neglected railroad system.

As prosecutors on Monday announced plans to charge a traffic controller with unintentionally causing the spectacular crash that also injured more than 50 people, experts and officials in Poland insisted that trains remain the safest form of travel in spite of Saturday's tragedy.

But some railway employees accused the state-run rail system of cutting back on security precautions as it tries to cut costs.

THE ASSOCIATED PRESS

Egypt

Nose job leads to resignation

A lawmaker resigned from parliament after he was caught lying to cover up a nose job, claiming the injuries to his face were from a carjacking and beating. THE ASSOCIATED PRESS

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Nine U.S. advertisers rush from Rush

'Slut' furor. Limbaugh jokes he even got a busy signal when he called his own show to cancel an ad

Nine advertisers had dropped their sponsorship of Rush Limbaugh's U.S.-wide radio show as of Monday in a furor over his "slut" jibe.

They included Internet services company AOL, ProFlowers and U.S. mortgage lender Quicken Loans.

Limbaugh even joked he got a busy signal Monday when he called the show to join the growing roster of advertisers abandoning it.

"I called myself to cancel my advertising. I got a busy signal," he deadpanned at the start of Monday's program.

Limbaugh sparked the fracas last week when he called law student Sandra Fluke a "slut" and a "prostitute" for wanting insurance coverage for birth control devices. He apologized on the weekend.

Contrite

"I should not have used the language I did, and it was wrong."

Rush Limbaugh, on his radio show on Monday.

But Fluke said the apology did nothing to change the corrosive tone of the debate over health-care coverage.

She said she had not heard from Limbaugh directly and had little interest in speaking with him.

Fluke testified to Democrats in support of their national health policy, which would compel her Jesuit college's health plan to cover her birth control.

The administration of Democratic President Barack Obama wants employers, including institutions such as Roman Catholic hospitals, to be required to cover women's contraceptive needs.

Limbaugh, even as he retreated from calling Fluke a "slut" and "prostitute," insisted the 30-year-old was trying to "force a religious institution to abandon its principles to meet hers."

THE ASSOCIATED PRESS

Rush Limbaugh. THE ASSOCIATED PRESS

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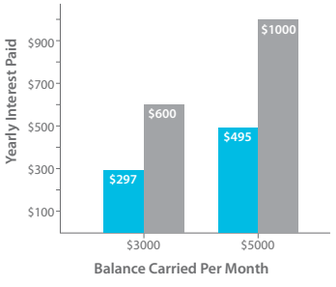

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Record bid. Daredevil dies after being buried alive in 3-metre trench

A Sri Lankan man has died while trying to set a record for the longest time spent buried alive.

Police said Janaka Basnayake, 24, buried himself over the weekend with the help of his family and friends in a trench sealed with wood and soil in the town of Kantale, about 220 kilometres north of Sri Lanka's capital, Colombo.

A local newspaper said the trench was three metres deep.

Basnayake was buried around 9:30 a.m. Saturday.

Police said that when he was brought to the surface at 4 p.m., he was unconscious and was taken to a hospital, where he was pronounced dead.

Dr. D.G. Costa of the Kantale hospital said a post-mortem examination could not determine the cause of death and further medical investigations are being conducted.

Basnayake's mother, L.D. Leelawathi, said her son had enjoyed performing unusual acts since his childhood — a liking that grew after watching movies.

A newspaper quoted her as saying that her son had been buried alive on two previous occasions — for two and a half hours and six hours respectively.

It was unclear whether there is an official world record for the longest time buried alive.

Police said Basnayake was a member of the Civil Defence Force, a police unit that fought in the country's 25-year civil war.

THE ASSOCIATED PRESS

Unreleased music

Hackers swoop on Sony, steal Jackson tracks

Two men have been charged in Britain with hacking into Sony Music's computers and stealing music.

A person familiar with the situation said the hackers obtained unreleased Michael Jackson tracks.

Sony Music Entertainment spokesperson Liz Young said the company noticed a breach of its systems and "took steps to secure the site." No customer data were compromised. Sony would not say how much music was stolen.

But a person familiar with the situation, who was not authorized to speak publicly, said Monday the suspects were Jackson fans and had taken his music, including unreleased material.

THE ASSOCIATED PRESS

Quakes to blame

Disasters cost lives and historic amount of cash

The economic cost of disasters in 2011 was the highest in history — costing at least $380 billion, mainly due to earthquakes in Japan and New Zealand, a United Nations envoy said Monday.

Margareta Wahlstrom, the secretary-general's special representative for disaster risk reduction, said the figure was two-thirds higher than the previous record in 2005 when hurricane Katrina struck the United States.

In addition to the earthquakes, Wahlstrom said major floods in Thailand and other countries caused extensive damage.

"The main message is that this is an increasing — very rapidly increasing trend with increasing economic losses," Wahlstrom said.

THE ASSOCIATED PRESS

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App achievement

Apple app store hits 25 billion downloads

More than 25 billion apps have been downloaded from Apple's app store.

A news release from Apple on Monday said the downloads came from more than 315 million iPhones, iPads and iPods. The app store has more than 550,000 apps to date.

Chunli Fu of Qingdao, China, downloaded the 25 billionth app and won a $10,000 iTunes gift card. THE ASSOCIATED PRESS

Stock soars

BP shares up after Gulf spill settlement

Shares in BP PLC have hit their highest level in over a year in the wake of the oil company's announcement that it had reached a settlement with victims of the Gulf of Mexico oil spill.

BP shares were up 1.6 per cent at 504.4 pence in midday trading in London Monday. The company's share price had earlier struck a high of 512 pence, its highest level since January 2011. THE ASSOCIATED PRESS

Market Moment

DOLLAR
$100.58 US
(-0.57¢)

TSX
12,523.95 (-119.87)

OIL
$106.72 US (+2¢)

GOLD
$1,703.90 US (-$5.90)

Natural gas (per 1,000 cubic feet): $2.36 US (-13¢)
Dow Jones: 12,962.81 (-14.76)

EU eyes quotas for corporate boards

Gender equality. European Commission says low presence of women in decision-making positions hurts companies' results

European Commissioner Viviane Reding addresses the media in Brussels on Monday. YVES LOGGHE/THE ASSOCIATED PRESS

The European Union is moving closer to introducing mandatory quotas for the number of women on company boards after businesses failed to make sufficient progress in gender equality over the past year.

The EU's Justice Commissioner, Viviane Reding, said Monday that at the current rate it would take more than 40 years for women to hold 40 per cent of board positions in Europe's publicly traded companies.

The European Commission, the EU's executive arm, said that over the past 12 months only 24 companies had signed a pledge to ensure that 30 per cent of their board positions are held by women by 2015. By 2020, that figure should increase to 40 per cent.

At the moment, only one in seven — or less than 14 per cent of — board members at Europe's biggest companies are women, the Commission said. That's up only slightly from just under 12 per cent in 2010 and despite the fact that 60 per cent of university graduates are now women.

The percentage of women chairing major European companies even fell slightly over the past two years, to 3.2 per cent from 3.4 per cent in January 2010. THE ASSOCIATED PRESS

Real estate

Home sales expected to outpace 2011

The number of Canadian homes sold this year will outpace 2011 while prices will hold steady in most parts of the country, the country's largest real estate association said Monday in a rosy revision to its 2012 outlook.

The Canadian Real Estate Association said the number of home sales will grow by 0.3 per cent this year to 458,800 from 457,305 units in 2011, largely due to the continuation of low borrowing rates.

The national average price is forecast to dip by 1.1 per cent in 2012 to $359,100 but that's due to a drop-off in multi-million dollar sales activity in Vancouver — Canada's most expensive real estate market.

Prices are expected to remain around current levels in most parts of the country, CREA said.

CREA expects Alberta, Saskatchewan, and Nova Scotia will drive the sales growth this year, offsetting weakness in other provinces. THE CANADIAN PRESS

Police too cozy with press, U.K. media inquiry hears

Former London police commissioner Paul Stephenson stands outside New Scotland Yard in London, in January 2009. SANG TAN/THE ASSOCIATED PRESS

Too much gossip between senior police officials and the press has led to breaches in confidentiality, the former head of London's Metropolitan Police said Monday.

Paul Stephenson, who resigned last year over his force's failure to get to grips with the phone hacking scandal at Rupert Murdoch's News International, told Britain's media ethics inquiry that relations between a small number of police managers and the media were closer than necessary.

Stephenson didn't go into detail, but his comments are the latest to underline the often close relations between Britain's national press and its biggest police force.

Senior Scotland Yard official Sue Akers testified last week that journalists paid tens of thousands of pounds' worth of bribes to serving police officers, and Stephenson's former deputy, John Yates, was thrown onto the defensive Thursday after it was revealed that he'd shared Champagne with one of the many journalists who are now suspects in the scandal.

Elizabeth Filkin, a civil servant commissioned by Scotland Yard to review its relationship with the press, testified that she'd been told police had given journalists exclusives in order to avoid embarrassing stories about their personal lives, and that the perception in the lower ranks was that senior officers were loading up on freebies — including a "very large" number of sports tickets.

Asked which media organizations were the most generous, she said: "There was certainly a lot of hospitality given by News International newspapers" — Murdoch's company.

The scandal over the systematic interception of voicemails has rocked Britain's establishment, leading to the arrest or resignation of dozens of reporters, public officials, and News International executives. THE ASSOCIATED PRESS

Political interference?

- Stephenson touched on the issue of links between the press and authorities when he revealed that London's deputy mayor, Kit Malthouse, had privately urged him to scale back the investigation into wrongdoing at Murdoch's News of the World.
- Opposition lawmaker Chris Bryant, an outspoken phone hacking victim, said the intervention amounted to "political manipulation" and called on Malthouse to step down.

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– Sandra S. of Toronto
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EVERYBODY'S WORKING FOR THE WEEKEND

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week, my friend Amy quit her job. There's nothing particularly interesting about this other than the fact that she gave her notice without any sort of plan for what comes next.

It's pretty bold to give up a stable working environment before you figure out your next step. Simultaneously liberating and terrifying, leaving a bad job is great, but giving up a regular paycheque certainly isn't. Part of me is jealous of Amy's optimism toward her uncertain future; the other part of me needs to pay my rent next month and likes owning a fancy cellphone.

Up until this point, everything has been carefully mapped out for us: go to school, get a job, make money, feel satisfied with your grown-up life, etc. But what happens when you realize that perhaps this isn't exactly where you want to be? Is it too late to hit the reset button on your career?

The short answer is: absolutely not.

For our parents and grandparents, a long-term career with the same company was the holy grail of the working world. But in today's increasingly grim economy, a non-traditional workforce is evolving. We're now expected to embrace instability and jump from job to job with ease. And all of the perks that come with full-time employment — job security, health benefits, retirement plans — just seem like outdated luxuries.

Bye-bye 9-to-5

I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else ...

Almost everyone I know is doing something other than working full-time at a stable job. I currently operate three separate work-related email addresses and, on a good week, have up to five different bosses. We're all enrolled in continuing education, freelancing on the side, working on contract and generally not expecting to be in the same job five years down the road.

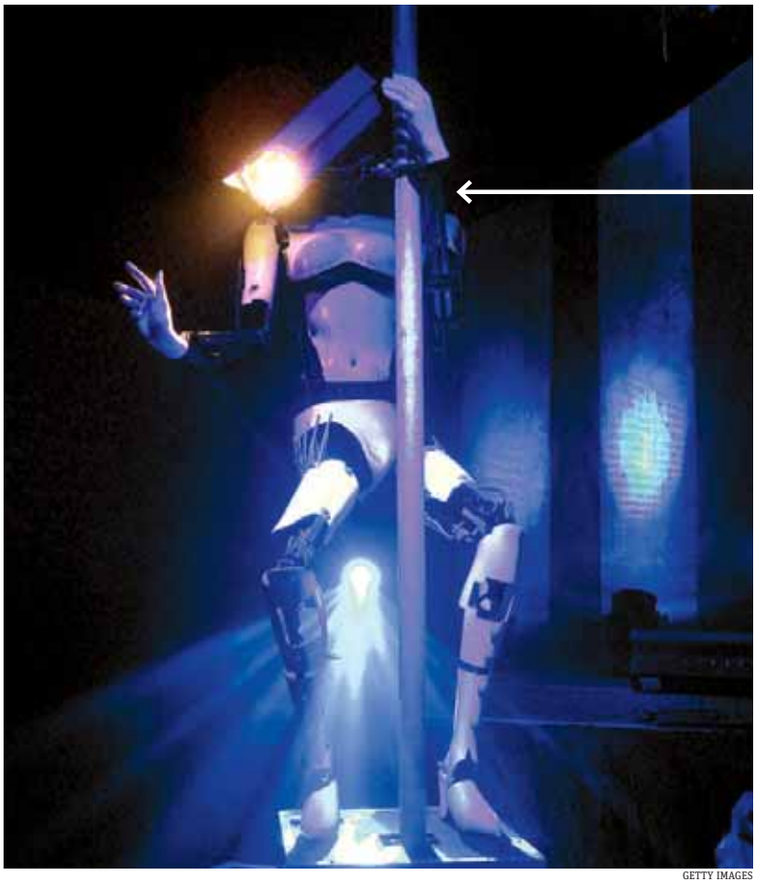
I'm writing this column on a Sunday afternoon in a crowded coffee shop with more laptops than lattes, and everyone is working on some sort of part-time project. We're all pursuing multiple ambitions and getting by as something/someone else: graphic designer/server, retail manager/blogger, teacher/photographer and so on.

I have one friend who works in banking and is getting her MBA part-time. She recently announced, without even a hint of irony, that she has started babysitting on the side in order to make some extra money. Apparently in a competitive job market you can't be above stealing employment opportunities from 13-year-olds.

So maybe it isn't so crazy to quit your job without a backup plan. As dreams of lifetime employment are replaced with an "until something better comes along" mentality, flexible has become the new full-time.

A bike rider does some serious multitasking as he makes the most of his morning outside the U of T campus. AARON VINCENT ELKAIM/TORSTAR NEWS SERVICE

This robot doesn't make calls



GETTY IMAGES

Push your buttons

Robogirls grind at high-tech expo

GERMANY. At least for some, all things technological get all the attention.

A "pole-dancing" robot is pictured during preparations at the CeBIT, the world's largest computer expo. The biggest tech expo takes place at the largest exhibition ground in the world, the Hanover fairground.

METRO WORLD NEWS

Debut

These works of art are not for sale

U.K. For those interested, these alluring robots of the female persuasion are not up for sale at the expo. They are works of art by 44-year-old British sculptor Giles Walker, which were first featured at a 2006 exhibit — Peepshow — by U.K.-based alternative art and cultural movement Mutate Britain.

METRO WORLD NEWS

They are made from...

"My robots are low-tech, built from scrapyard parts. The motors in them are mainly windscreen-wiper motors."

Giles Walker
sculptor

Walker says...

Voyeurism in our society

"It links the ideas of surveillance and voyeurism. We all live in a peep show with these mechanical peeping Toms on every street."

Staring at real buttocks...

"I looked at the real thing and adjusted the motor to get the movement right."

A technician adjusts a robot. GETTY IMAGES

Metropolitan Panel

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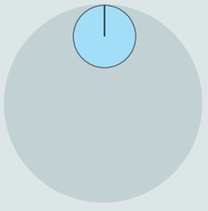

91%
NO. IT'S A WASTE OF MY MONEY

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@Clover_Girl:
The snow has started in deep south-east #yyc. Drive safe...and slow.

@Kelsey_Lind:
At the airport waiting on @basser96. Poor guy is stranded in Edmonton. Clear up #yyc skies, I wanna see my man!!

@cowtownm:
People on the train drive me crazy #yyc

@owlcalls:
@calgarytransit maybe you could remind all your train drivers that humans are actually riding the train, and braking hard is uncool. #yyc

@deathgriptattoo:
I think all of #yyc owes @shylaaah a huge thank you, my road rage has gone down 15% since she introduced me to hot yoga

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DVD reviews

The Skin I Live In

Director. Pedro Almodovar

Stars. Antonio Banderas, Elena Anaya, Jan Cornet

In The Skin I Live In, Madrid master Pedro Almodovar turns more Ed Wood than Hollywood. There's weird science and kinkier sex.

Antonio Banderas is chilly plastic surgeon Dr. Robert Ledgard who has a laboratory inside his gated mansion where he seeks to invent artificial human skin by radical methods. His home also houses a beautiful, suicidal patient named Vera (Cairo Time's Elena Anaya). This more freaky than frightful, a "B" picture by an "A" director.

Footloose

Director. Craig Brewer

Stars. Kenny Wormald, Julianne Hough, Dennis Quaid

The 2011 remake of 1984's Footloose is virtually a beat-for-beat copy of its Reagan-era forebear. Director Craig Brewer sticks to the vanilla basics. The rebooted Footloose isn't as bad as feared, but neither is it the least bit necessary. **PETER HOWELL**

The story of John Carter first appeared in serialized form in a magazine in 1912. / HANDOUT

John Carter's West 'trumps' his fans

Sci-Fi. John Carter star Dominic West talks about his Star Wars and the line that sparked a following

NED EHRBAR
scene@metronews.ca

British actor Dominic West has become quite the familiar face thanks to his critically acclaimed run as Detective Jimmy McNulty on HBO's The Wire. And while the deserts of Mars are a long way from the streets of Baltimore, Md., John Carter is hardly his first foray into the science-fiction genre.

"I was in Star Wars, I don't know if you knew that," he says with a coy grin. "I've got a ridiculous hat on. I played two parts in the Phantom Menace. The first one — I think I had two lines, which were cut — was a Naboo officer, and then the next one was Palace Guard, who remained. I say, 'The boy is here to see you, your highness.'"

And while the 3D re-release of the Phantom Menace last month has many learning in retrospect about his involvement in the blockbuster franchise, West reveals that he's gotten more fan attention for that one line than for five seasons of The Wire, believe it or not. And they don't just send fan mail: West often receives copies of his Star Wars Top Trumps card — a children's card game — to be autographed. But fans looking for such a favour should proceed with caution. "Whenever they send me my Top Trump card, I never send it back. I keep that and send them a photograph," he says. "They should know better than to contact a palace guard and say things like, 'We loved your work in Star Wars and thought you were amazing, what you were doing.' You go, 'Shut up, give me that Top Trumps card.'"

Dominic West/ HANDOUT

John Carter

What's in a name?

Titles can be a tricky thing, especially when you're producing and releasing a $200 million-plus potential franchise starter. Somewhere in its journey to the screen, John Carter of Mars became John Carter — and it's not necessarily something the film's producers are thrilled about. "I think John Carter is a very, frankly, vanilla name," admits producer Lindsay Collins. "Apparently there was some study done of movies that had Mars in the title — every single one of them have tanked."

2 SCENE

Scene in brief

Airport Kitsch

Philippine official says Friday Night Lights star Taylor Kitsch was not hassled at Manila's airport recently, as the Canadian actor indicated. Kitsch said Wednesday on the Late Show with David Letterman that customs officers stopped him at the airport and ordered him back to Japan because his passport didn't have enough pages to stamp. Kitsch said he was let in only after proving with his iPhone that he was an actor. Philippine Customs chief Ruffy Biazon wrote in his blog Friday that no airport records show Kitsch visited Manila, and that his officers do not stamp passports.

On the Web

War Horse Song Person Melanie Doane says show's folk tunes feel natural to her.

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Silent House star Elizabeth Olsen isn't quiet when it comes to horror

Acting scared.
Younger Olsen sister says playing horror movie roles comes naturally to her

NED EHRBAR
scene@metronews.ca

Elizabeth Olsen says that she's a huge fan of the horror genre. / HANDOUT

Elizabeth Olsen admits taking the lead in the real-time horror movie Silent House didn't pose too much of a challenge, acting-wise. "Becoming scared or something like that isn't the hardest thing, I think, for me to do," she says. "It's much harder in my mind to do something comedic timing-wise. I find that to be a huge talent."

The ease with which she finds acting scared aside, Olsen is a natural for the horror genre because she's also a huge fan.

"I've been a fan of horror movies since I started watching movies because I was the youngest of four kids, and my brother — who's the oldest in the family — loves scary movies, and I'm very much his sister," she says. "Arachnophobia was one of the very first movies I grew up on — at a very young age — so that was something I loved."

Despite her love of scary movies, Olsen admits she's not the best company for viewing them.

"My friends really don't like seeing movies with me because I am the loudest one in the audience," she says. "I laugh at things that apparently aren't funny to anyone else. And I scream and then laugh after screaming. I'm a very vocal audience member."

Analysis

Getting choosy

After making waves with her debut in the critically acclaimed Martha Marcy May Marlene last year, Olsen has found her profile in the industry skyrocketing. "I did not think that after a year of trying to work I would be in a position where I got to choose things," she says.

That way of thinking most recently drove her to choose writer-director John Krokidas' Kill Your Darlings, the beat generation drama co-starring Daniel Radcliffe, Jack Huston and Ben Foster that begins filming in New York this month.

"It's probably one of the best scripts I've read," she says.

NED EHRBAR

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1 Demi gets a visit from ex-hubby, but don't expect a reconciliation

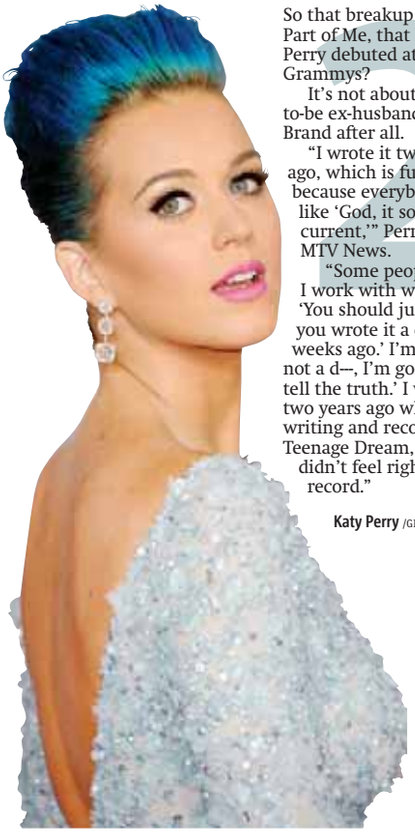
There's at least one person who knows the location of Demi Moore's secret post-rehab vacation: her estranged husband, Ashton Kutcher.

The Two and a Half Men star paid a visit to the recovering actress recently, according to People magazine — not that he was exactly enthused about it.

"They are not getting back together. He knew it was important to her daughters," a source says of the visit.

As for where it took place, sources tell E! News that they spotted Moore on a private beach near Parrot Cay in Turks and Caicos, at an ultra-exclusive resort only accessible by boat.

2 Katy says breakup song not about soon-to-be ex Russell Brand



So that breakup song, Part of Me, that Katy Perry debuted at the Grammys?

It's not about soon-to-be ex-husband Russell Brand after all.

"I wrote it two years ago, which is funny because everybody is like 'God, it sounds so current,'" Perry tells MTV News.

"Some people that I work with were like, 'You should just say you wrote it a couple of weeks ago.' I'm like, 'I'm not a d—, I'm going to tell the truth.' I wrote it two years ago when I was writing and recording Teenage Dream, [but] it didn't feel right on the record."

Katy Perry /GETTY IMAGES

HACKERS POST NAKED CELEB PICS ... AGAIN

Metro has your celebrity gossip covered

METRO STAFF

Hacking scandal ... again

More naked celeb photos: Real or fake?

THE WORD
Dorothy Robinson
scene@metronews.ca

Another day, another phone hacking scandal involving half-dressed celebrities.

This time, Christina Hendricks and Olivia Munn are victims after an anonymous user on Motherless.com asked the site's forum readers which celebrity they would like to see naked.

When they answered Munn and Hendricks, the user, apparently through hacking magic, got onto Munn's and Hendricks' phones, grabbed some scandalous photos and posted them all over the Internet.

Munn's pictures have dirty writing superimposed over hardcore photos. Hendricks' pics are mostly of the Mad Men star in half-dress, while one is a full-on shot of her world-famous rack.

A rep for Hendricks confirms the theft, telling Gossip Cop, "Christina's phone was in fact hacked and photos were stolen," noting, "the topless image is fake and not an image of Christina."

Munn is denying everything — she tweeted that the photos aren't hers. (As she should; if real, her pictures are some Hustler-level stuff.)

I know. Your first thought is: why would celebrities take naked photos of themselves when they know they are most likely to be hacked?

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD.

3 Birthday boy Bieber only had eyes for Gomez at star-studded bash

Justin Bieber celebrated his 18th birthday with a star-studded surprise bash thrown by his manager and his mom at the Beverly Wilshire hotel in L.A., according to Us Weekly.

"Everyone danced all night," a source says of the soirée.

Despite notable guests like Mike Tyson and Kim Kardashian, the birthday boy only had eyes for girlfriend Selena Gomez, who flew in from Florida, where she's filming a movie.

"He was all over Selena the whole time, walking her around by the hand," a source says. "He kept kissing her."

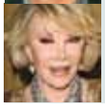
As for presents, his manager, Scooter Braun, bought Bieber a $102,000 one-of-a-kind Fisker Karma hybrid sports car.

Twitter

@woodelijah
Samoas! those are my jam

@KChenoweth
I'm in bed resting. Healing. And watching Tom Cruise in The Last Samarai. For the fifth time.

@John_Lithgow
Did a 3D double feature, HUGO and PINA. My head's spinning.



@Joan_Rivers
Lindsay Lohan was so bad on SNL that the judge is sending her back to rehab, but for acting lessons.

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3 LIFE

Health fact

Citrus

According to research reported in the Journal of American Heart Association, citrus contains a class of compounds called flavonoids that are believed to provide protection as they improve blood vessel function and have an anti inflammatory effect.

On the Web

Experimental drug holds promise for use as post-stroke therapy: study

As we shy away from calling people fat, are we really being kinder calling them curvy? GETTY IMAGES

Is 'curvy' the new fat?

Weight tends to be a sensitive issue at the best of times. But now more than ever it is important to be happy with how you look

ROMINA MCGUINNESS
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Calling someone fat isn't very nice — Karl Lagerfeld learned that the hard way, after he called Adele overweight in Metro, drawing the ire of fans everywhere. But using the word "curvy" — is that wrong? It's usually meant as a compliment for a person with the right amount of flesh, in the right places. We're thinking Marilyn Monroe's hips, Christina Hendricks' bosom and Kim Kardashian's rounded bum.

But what happens if someone has a little too much flesh where they shouldn't? Do they go from being wonderfully curvy to dangerously fat?

The line between the two words has been blurred. Britney Spears for example, has been simultaneously described by tabloids as "out of shape" and "stunning".

Adele is a prime example. Everyone goes on about her weight — she even jokes about it herself (if she could be the face of anything, it would be full fat Coke, she said last September).

So why did Vogue UK smooth out her curves on her February cover?

On the same note, people can't seem to make up their minds as to whether or not 2012 Sports Illustrated Swimsuit cover girl Kate Upton is fat or curvy because her breasts fill her bikini top.

Plus sized model Tara Lynn has posed nude for Vogue Italia, and last summer, and she was the face of H&M's 'Big is Beautiful' swimwear collection. She knows what it's like to be a not-so-skinny-girl working in an environment strongly influenced by the size zero.

"Anyone can take one word and use it in an endless context," she says.

"Someone could say 'voluptuous' to mask saying another word such as 'obese'. Thankfully, being plus sized is no longer a taboo, even though the media constantly exposes us to a repetition of skinny images day in, day out, making us feel like we need to fit in."

The need to conform is what drives us to follow trends, and fear exclusion.

"The problem is we can't go all go by one unrealistic body image," adds Lynn.

She believes we need is a diverse perception of beauty covering a broad spectrum of shapes and sizes — no matter what we label them.

"I'm pleading with you to be happy with your body,"

Expert opinion

Gwendolyn DeVoe, creator and executive producer of Full Figured Fashion Week

- **Calling someone fat is offensive, but do you think people are now using 'curvy' to mean the same thing?** I don't think so at all. 'Curvy' and 'fat' are two different terms. Curvy, to me, is a positive term. A woman who is considered curvy can be a size 10 or a size 20. Curves are curves, no matter what the size. When someone describes a woman as being curvy, in my opinion, they are using it in a positive fashion whereas many people tend to use the word fat in a negative fashion. It's actually refreshing to see people now being more accepting of curvy bodies.

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Rest assured — you're not alone

But that's no reason to turn to sleeping pills. A new study shows that they could drastically shorten your life span

CELIA MILNE
life@metronews.ca

Even if you can't sleep, it's best not to turn to medication. / ISTOCK PHOTOS

Can't sleep? Sleeping pills may help you get some zzz's, but a new study has found they also shorten your life.

A U.S. study has found that people who take prescription sleeping pills are 4.6 times more likely to die early than those who don't take them. Sleeping pills also increase risk of cancer, the study found.

"In my opinion, these drugs are too dangerous to use," Dr. Daniel Kripke, co-lead author of the study, told Metro. "There is a chance that the data exaggerate the risks, but I do not advise people to bet their lives on our study being entirely wrong." Kripke is a psychiatrist at Scripps Clinic Viterbi Family Sleep Center in San Diego, Calif.

A Canadian study in 2010 also found sleeping pills are linked with earlier death. We asked Kripke about over-the-counter sleeping pills, which many Canadians take willy-nilly. "Many over-the-counter sleep aids contain diphenhydramine, which is one of the drugs that were associated with elevated mortality," he said. "Talk to your doctor about discontinuing any sleeping pills."

In the San Diego study, medical records for 10,531 people who took sleeping pills were compared with those of 23,674 people who didn't take sleeping pills. The length of the study was more than six years. The higher risk of death in that period was seen even in the patients who took as few as 18 sleeping pills a year.

One alternative to help people sleep is teaching them cognitive behavioural therapy, says Kripke. Adapting sleep patterns to circadian rhythms is also helpful.

The sleeping pills industry generates billions in annual sales. Results of the study were published by the open-access online journal BMJ Open.

Helpful tips

We asked Dr. Kripke, a psychiatrist and sleep expert in San Diego, for some advice on getting better sleep and staying healthy. Here are some tips:

- **Tip #1.** Talk to your doctor about discontinuing any sleeping pills
- **Tip #2.** Reduce your time in bed to the time you can sleep
- **Tip #3.** Do not go to bed until you are sleepy
- **Tip #4.** If awake in bed, do not stay in bed unless you expect to sleep soon
- **Tip #5.** Get up at the same time every morning

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Best Health

Best health portion checker

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know how cow's milk compares with soy, almond and rice beverages in terms of calories and fat?

In each issue of Best Health magazine, we look at portion sizes and compare their ingredients and nutrients.

Here, from the March/April issue, we look at how one cup (250 mL) of milk and other beverages compare:

Skim milk
has 90 calories, 0.5 grams fat, 8 grams protein

1% milk
has 100 calories, 2.5 grams fat, 9 grams protein

2% milk
has 130 calories, 5 grams fat, 9 grams protein

Unsweetened soy beverage
has 80 calories, 4 grams fat, 7 grams protein

Unsweetened rice beverage
has 110 calories, 1 gram fat, 2 grams protein

Unsweetened almond beverage has 30 calories, 2 grams fat, 1 gram protein

Halo Restaurant and Lounge is rather far from angelic

Beef Dip ($12.50) DAN CLAPSON

LUNCH RUSH
Dan Clapson
life@metronews.ca

I've passed by Halo many times. It has a pronounced location on Macleod Trail (very) South.

It's one of those places that I've always wondered about. Well, this week, I finally bit the bullet and stopped by for lunch with a friend.

This is a perfect example of an establishment being just 'OK'.

It's relatively nice inside, the service was prompt, although the food took a while to come out, and the menu is very PG, offering something for everyone — similar to a Lindsay Lohan film, circa 2005 (of course, not recent years).

Sticking with the PG, I went for its beef dip. A white baguette was filled with sliced prime rib. The sandwich was fairly meaty, but not overly flavourful.

The jus, for dipping, made a bit of difference, but not enough to make this a win.

To be fair, I will give Halo another try…as soon as Lindsay Lohan makes a real comeback.

Visiting the restaurant

Halo Restaurant and Lounge

Address. 13226 Macleod Trail S.

Phone number. 403-271-4111

Website. halorestaurant.com

Price range. $12 - $18

Rating. 2.5/5

Client negotiations. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Reservations. Yes

Licensed. Yes

Curry Tuna. In a hurry after work? Get dinner ready in a few minutes

This meal can be ready in no time for tired and hungry workers who want a spicy curry in a hurry. The recipe can easily be doubled to make four servings. Serve over rice or accompany with naan bread if desired.

1 In a large saucepan over medium heat, melt butter. Add the garlic. Stir in the tuna, sour cream and curry powder. Heat until warm and serve. Garnish with cilantro sprigs, if desired.

CLOVER LEAF/ THE CANADIAN PRESS

Ingredients

- 15 ml (1 tbsp) butter
- 1 clove garlic, minced
- 2 cans (each 85 g) flaked light tuna (spicy Thai chili flavour)
- 250 ml (1 cup) low-fat sour cream
- 5 ml (1 tsp) curry powder
- Cilantro sprigs, for garnish (optional)

Stir-fry to make the wok sizzle

Stir-fries are a great dinner option when you want something quick that allows you to use the veggies and meats you already have in your fridge and freezer.

While this Coconut Pork Stir-Fry uses mushrooms, red peppers, onions and spinach, it would work just as well with veggies such as yellow or green peppers, broccoli, green beans, water chestnuts and red onions.

You can also swap out pork for chicken or tofu if you prefer.

While the recipe calls for rice you could also try it with soba noodles or brown rice instead.

1 Combine the marinade ingredients in a bowl; add pork, tossing it to coat. Cover and marinate in refrigerator 15 minutes.

2 Heat the oil in large skillet or wok over medium-high heat until hot. Stir-fry the pork, 1/2 at a time, 1 to 2 minutes or until outside surface is browned. Remove the pork from the pan with slotted spoon.

3 Stir-fry mushrooms, bell pepper and onion in same pan for 3 to 5 minutes or until onion is crisp-tender. Add pork, coconut milk and garlic salt. Stir in spinach; cook 3 to 5 minutes or until spinach is wilted, stirring occasionally. Serve over rice if desired.

NEWS CANADA

Ingredients

Marinade

- 1 tbsp soy sauce
- 1 tsp ground ginger
- 1/2 tsp Chinese five spice
- 1/2 tsp crushed red pepper

Stir-Fry

- 375 g pork tenderloin, cut lengthwise in half, then crosswise into 1/4 inch/6 mm thick slices
- 1 tbsp Mazola Veg Plus! canola and vegetable oil blend
- 250 g sliced mushrooms
- 1 red bell pepper, cut into thin slices
- 1 small onion, cut into thin wedges
- 1 can (390 mL) coconut milk
- 1 tsp garlic salt
- 4 cups packed spinach leaves (approximately 150 g)
- Cooked rice, optional

Coconut Pork Stir-Fry

This recipe makes four to six servings. NEWS CANADA

Women in red prove more attractive to men, says study

Desire. Never underestimate the power of a woman in red. A new study looks at what attracts men to women and proves that red really is the colour of love.

CASSANDRA GARRISON
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Men who participated in the study looked at photographs of women framed by borders of different colours, including red. They were asked to judge how pretty they perceived the women to be.

Later, they viewed images of women wearing red shirts and were asked how much money they'd be willing to spend on each woman if they were on a date with her.

Turns out, the women wearing red or framed in red came out on top. These women were:

- rated significantly more attractive
- rated more sexually desirable
- more likely to be asked to the prom
- more likely to be treated to an expensive date

However, the colour red did not affect other factors the men were asked to comment on about the women, like likeability, intelligence or kindness.

This study could very well be the only scientific document on the effects of colour on behaviour in relationships.

"Much is known about colour physics and colour physiology, but very little about colour psychology," said psychology professor Andrew Elliot, a researcher on the study. "It's fascinating to find that something as ubiquitous as colour can be having an effect on our behaviour without our awareness."

Though society has deemed red the colour of passion, the attraction to it might be more scientific.

Primates offer a clear example. The females of some species will redden when nearing ovulation — sending the message that it's mating time.

"Our research demonstrates a parallel in the way that human and non-human male primates respond to red," said the study's authors.

Ladies, if you're trying to impress the men, wear red. ISTOCK

"As much as men might like to think that they respond to women in a thoughtful, sophisticated manner, it appears that at least to some degree, their preferences and predilections are, in a word, primitive."

Yep, just confirming what we already knew.

A dating show in the 'Big Heart,' not the Big Apple

Lori Zaslow
CONTRIBUTED

HEIDI PATALANO
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She may be a matchmaker and the star of a reality show for Bravo, but Lori Zaslow is no Patti Stanger, of the same cable channel's show The Millionaire Matchmaker.

In fact, Zaslow is the anti-Patti. Unlike the cattle calls Stanger has on her own show, in which she herds a group of women into an office, critiques their appearance and sends them to a mixer hosted by one millionaire looking for love, Zaslow takes a friendlier approach.

"I think we definitely have a positive approach and that people love working with us because when you're positive, people feel like they can open up," Zaslow explains, adding that her company will only do blind dates.

The client never gets to choose their match.

"I think sometimes people fall into old habits and pick someone who visually is right, but they don't know anything about their insides," Zaslow explains. "We spend so much time with our clients — that's really our passion, the analyzing. We get invigorated by learning about people — what has worked for you, what hasn't worked."

On her new show, The Love Broker, Zaslow brings the cameras with her as she coaches her clients through the process of dating in New York City — a town that's caught plenty of flack from Stanger, who once said that women in New York should "dumb it down a little bit" for the men they date.

Typically, Zaslow is a bit more optimistic about the state of dating in her city.

"I love New York. I love the people here. I feel like maybe it's more of a challenge than in other cities because there are so many people," she says.

"I think there's more layers here. It's not skin-deep. It's really deep — and it takes a lot more time and a lot more energy, so you have to bring a stronger game. That's why people come here to find love and then move out of the city.

"People come here to meet people. I think New York's known for that. It should be the Big Heart, not the Big Apple."

Blind date etiquette

1. Just stay for an hour
2. Don't drink too much
3. Talk as much as you listen; listen as much as you talk
4. Be present

Dividing up the birthday dinner bill

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I am coordinating a birthday dinner for a friend. Each attendee is expected to pay his/her own bill. The birthday girl's husband is attending. I would like to cover her bill, not his. Any suggestions?
Hostess

Dear Hostess,

Since these two people are a couple, they should be treated as such and so the bill absolutely should be paid for both the birthday girl and her husband. Now, you have several ways to deal with this.

Firstly, you can take the total bill including tip and divide this equally among those who are left paying. This will give you the equal amount each paying person contributes for the total bill including tip. In this scenario, all paying people have paid for themselves and an equal portion for the couple being hosted. Your second option would be to take the total bill including tip divided by the total number of people including the birthday girl and her husband. In this case you are responsible to pay for three shares (yours, the birthday girl's and her husband's). In this scenario, guests pay their own share only and you would be paying for yourself and the two guests. Bon appétit!

ISTOCK PHOTO

Redefining 'the dream'

Why are happy people 'rich'?

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I read a Fastcompany.com article last week about how the happiest people are spending their money. It's clear that happy people live lives that are rich; 'rich' meaning balanced and largely stress-free.

Happy people often have a different idea of 'the dream.' Rather than working to afford a big house and two cars, they're creating their own 'dream' based on what makes them fulfilled. For example, instead of living in the suburbs, many buy smaller, more centrally located homes where they don't need a car.

They save time commuting, exercise more, have fewer expenses and a lower environmental footprint. Redefining 'the dream' also means less stress. Happy people spend money on affordable experiences, not accumulating 'stuff' that contributes to debt. For example, many would prefer to travel versus hosting a lavish wedding; while others spend money on house cleaning so that they have more time to spend with their kids.

Prioritizing expenses to afford personally fulfilling experiences also means living within their means. That in turn translates into less debt and reduced stress.

Happy people also find creative ways to make more money. Some become full-time entrepreneurs. Others keep working their nine-to-five job, and turn their hobbies, like photography, music or teaching, into extra income by selling their services or inventing new products.

This crowd is frugal and resourceful, which enables them to save for their vision of retirement. Interestingly, many have selected careers that will carry them well past the traditional retirement age of 65.

Like happy people, choosing to not to keep up with the Joneses can buy you more time to focus on the things that matter to you. And it will help you build financial freedom by avoiding debt and having more money for savings.

Stop the yearly panic

RRSP contributions. Don't miss the boat again this year. It's time to set up monthly automatic deposits.

YOUR MONEY
Alison Griffiths
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You did it again. You went down to the RRSP wire, raided the kids' piggy banks, maybe leaned on your line of credit or put the touch on a grandparent then rushed off to make your last minute contribution.

With just under a year until the next RRSP deadline, you resolutely swear you're not going to do the last minute thing again. But I find that RRSP contribution vows, like New Year's resolutions, tend to get tossed aside in the stampede of life.

Take heart, I have a solution. Before the week is over set up an automatic transfer from your bank account to your RRSP. Just do it! Money that is out of sight is out of mind and, better yet, sheltered from spending urges.

While it would be nice to max out your RRSP contributions through monthly deposits, that's unrealistic for many, especially those with families, mortgages and car loans.

Instead, pick a number you can live with that won't stress you financially. Even $50 or $100 will start you off and chances are the money won't be missed if it is out of your account before you even have time to think about spending it. To be safe, set up the transfer a couple of days after your paycheque is deposited.

Here's a trick to go along with an automatic contribution plan. Give yourself an RRSP raise on a regular basis. Every six months or so bump up the transfer into your RRSP by a bit. You won't feel the pinch but the habit, once ingrained, will eventually turn into a nice tax deduction year in and year out.

Another rationale to this plan is the benefit of regular investing, called dollar cost averaging. If you contribute to your RRSP monthly, and invest in a group of quality products at the same time, you will have a much better return over time than those who make haphazard lump sum contributions and investments.

Dollar cost averaging evens out the ups and downs of the stock market and interest rates and also saves you from trying to guess when is the best time to invest. Research shows pretty much everyone gets it wrong over time.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

A little saving now can make for smoother sailing later. / ISTOCK

Alison's money rule:

"Don't wait until your financial ship comes in. Save for retirement monthly to achieve the most secure nest egg."

Who's planning ahead?

43%

The percentage of 18- to 34-year-olds that do not have an RRSP account.

Toss out your takeout menus and cook dinner at home

TINA CHADHA
life@metronews.ca

By the time you get home from work you're starving, tired and ready to pop a frozen burrito in the microwave. (Or, even better, order pizza!)

It might seem like a good idea at the time, but ordering all that takeout is likely having an effect on your wallet — not to mention your waistline.

But there's still hope for home-prepared meals in your future. U.K. culinary star Sophie Wright — the youngest head chef in England at age 20 — insists making dinner doesn't have to be time- or labour-intensive.

"You just need to be well organized," says Wright. "You need to have an idea [of a recipe] in the back of your head. Maybe flick through a cookbook the night before.

Then, rather than stopping for a slice of pizza on the way home, stop at the supermarket and pick up a few bits and make a really nice meal."

If this sounds like a case of easier-said-than-done, Wright shows us how in her new book, Home at 7, Dinner at 8, which is filled with 80 easy, fancy-sounding recipes, such as Honey Roasted Pork Tenderloin and Red Wine, Gorgonzola and Orange Risotto that can be in your belly in less than an hour.

Taking into account that Wright chops food a lot faster than us novice cooks, the chef added on extra time to each recipe and made sure not to use too many pans ("It's horrible washing up after you cook").

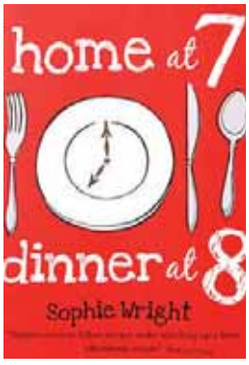
But the true test: "My guinea pig is my boyfriend, who is the most incompetent cook," she says, laughing. "I know that if he can do it, anyone can."

Wright's tips:

Keep a non-stick frying pan.

- **Always stock your pantry.** You can make anything taste good with olive oil, salt, pepper and staple spices like ground cumin, ground coriander, chili and paprika.
- **When chopping an onion, chop an extra one.** Store it in a sandwich bag in your fridge for the next day.
- **Freeze extra fresh herbs.** You have them ready to go for the next time you're cooking.

Sophie Wright / CONTRIBUTED



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Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a home or car. / ISTOCKPHOTO|THINKSTOCK

Borrowing basics

Advice. Make sure you choose the right loan — and the right lender

JANE DOUCET
For Metro

Spring is just around the corner, and with it comes visions of putting an addition on the house, landscaping the garden, taking a warm vacation to shake off winter's chill or shelling out big bucks for your (or your child's) wedding. While they are all exciting plans, many Canadians will be asking themselves, how will I ever pay for them?

For some, the answer will be to apply for a loan. "Loans can be used for all sorts of reasons throughout the year, including home renovations, children's education savings or buying a cottage or car," says Christine Zalzal, vice-president of marketing at B2B Trust, a third-party supplier of investment and RRSP loans in Canada.

There are numerous things to think about when planning to get a loan. / ISTOCKPHOTO|THINKSTOCK

When looking for a lender, it's important to make sure the person you deal with at the lending institution is reputable and trustworthy, and that he or she really listens to your needs.

"Both the lender and the borrower have to properly assess the borrower's current and future financial goals before choosing the right type of loan or product," says Zalzal.

It's also important to consider whether you will be able to meet the loan payments if there is a change in your personal situation, such as you or your partner lose your job or you get divorced.

"You have to ask yourself whether you can afford to make a monthly payment on the principal, not just the interest, regardless of your circumstances," says Richard Goyder, vice-president of personal lending at RBC.

When it comes to searching for a lender, Goyder says the best advice is to get professional advice from your banker or financial adviser. "Borrowing money is a big and very personal decision," he says. "You have to ask yourself, how much should I borrow? What's my income? What's the best kind of borrowing for me?"

Before you can determine how much money you should borrow, it's vital to understand how much money you already spend each month and where you spend it. Then you can decide where to trim so you can set aside adequate funds to meet your loan payments.

Regardless of whether you borrow money from a bank or another lending institution, you must make sure you can afford to pay back the loan as per the lending agreement.

"Consumers should sleep easy at night knowing they're comfortable with their borrowing plan," says Zalzal. "If they have anxiety over it, they should revisit it."

Mistakes

Avoid these common blunders when you are planning for a loan

Don't want to end up drowning in loan debt? Richard Goyder, vice-president of personal lending at RBC, reveals some common borrowing mistakes and how to avoid them.

Choosing the wrong type of product. If you use a credit card to borrow a large amount of money, you will get dinged with a high interest rate.

"A better idea is to borrow on a line of credit, which has a lower rate of interest," says Goyder.

Not seeking advice. The different types of borrowing options, including secured and unsecured lines of credit and instalment loans — can be confusing if you are unfamiliar with them. "A financial adviser can explain them and help determine which is best for your situation," says Goyder.

Refusing to create a spending plan. It's a fact — budgets are boring. But they are also necessary to ensure you can meet your monthly loan payments. If you don't have a monthly budget, you may borrow too much and not be able to make the payments. Being unaware of your credit score.

A credit score lets lenders know if you are a safe or poor risk to borrow money. If you don't know your score, you can determine it by doing a credit score report online or having your banker do one for you.

Neglecting to approach your own bank. Although it might be tempting to respond to another lender's flashy advertisement, no one knows your financial situation better than your bank.

Because your banker already has your business, it might mean you will get a better deal than elsewhere.

Having too much debt in too many places. This scenario could land you in serious financial trouble, but there is a solution.

"Consolidating your debt can be a very sensible and clever way of saving yourself money on repayments," says Goyder.

JANE DOUCET

Let a specialist navigate your car loan

Investment.
Most people need to borrow money when purchasing a vehicle

Next to a house, a car or post-secondary education is probably one of the biggest investments you will make.

When purchasing a car, either from a dealership or through a private sale, most people need to secure a loan. The first step is to speak to a specialist who will guide you through the application process and advise you of the available options, says Shahz Beig, associate vice-president, personal lending, TD Canada Trust.

In contrast to a house, you don't need a down payment for a car; you can borrow the entire amount, as long as you qualify. You will need a bill of sale, and proof of registration, ownership and insurance, says Beig.

The interest rate on a car loan depends on the size of the loan and the number of years you take to pay it off. Interest rates for such loans are lower than for unsecured loans, and can be as low as prime plus 1.75 per cent, says Beig.

As a new car buyer, you can choose a fixed or variable rate with a wide range of payment terms. Bear in mind that the longer the term, the lower your monthly payments. For a new car, you can take up to seven years to repay the loan, but you can pay it off at any time.

"For example, if you can take a loan out for $10,000, you can pay it off in full in six months if you please, and there are no penalties or fees associated with that," says Beig

Since the car is considered collateral against the loan, and a vehicle depreciates over time, you have only up to five years to repay a loan to purchase a used car, and the interest rate would be slightly higher.

Another significant expense is a university or college education. The TD offers undergraduates a line of credit of up to $40,000 over four years at an interest rate of prime plus 1.5 per cent (totalling 4.5 per cent), says Beig. He believes this rate is better than for provincial student assistance programs. The bank also offers lines of credit for post-grads, even up to $200,000, at prime, to qualifying medical and dental students.

PAULINE ANDERSON

If you are looking to build a home, work with a specialist to arrange a loan.
ISTOCKPHOTO/THINKSTOCK

Time to build a dream home

As mortgage rates continue to be relatively low and promise to remain unchanged for at least the short term, this is a good time to consider getting a loan to purchase your dream home.

Start by working with a specialist to get pre-approved, says Farhaneh Haque, director, mortgage advice, TD Canada Trust. This process helps determine the type of loan for which you quality.

"It gives you the confidence to look at properties that are within your budget," says Haque. "There's nothing worse than falling in love with a home only to find out that you can't afford it."

Part of the pre-approval process involves evaluating your credit rating. "Sometimes we uncover something that you may not even know about, so if there are any skeletons in the closet, we can point you in right direction to rectify that," says Haque.

Selecting the right mortgage — fixed or variable, short or longer term, "open" or "closed" — is as important as finding the right house. Most buyers live in their first house for only about three years so Haque suggests asking about a mortgage's flexibility.

"Can I take this mortgage with me? Can I increase it? Can I pay more towards the principle? If I need to take a short break from payments, can I do that?"

The minimum down payment is five per cent. Of course, it's better to put down a larger amount so payments aren't so overwhelming and you a have a better equity position, says Haque.

Homebuyers can tap into their registered retirement savings plans to purchase a home. You and your partner can each withdraw up to $25,000, although some conditions apply and it has to be repaid, generally within 15 years.

Remember that the price of the house is not the only expense; there are also closing fees, moving costs, lawyer payments and other incidentals to consider.

"These need to be built into your budget," says Haque. And in addition to mortgage payments, there are other regular household expenses, including heating, property taxes, maintenance and renovations. A rule of thumb is that monthly housing costs shouldn't be more than 32 per cent of your gross monthly income.

For further information, visit tdcanadatrust.com/homeownership.

PAULINE ANDERSON

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4

SPORTS

Flames preview

Montreal at Calgary

7 p.m., Sportsnet

The Flames (29-25-12) host Montreal (25-31-10), which has won just two of its past 10. The Canadiens have scored one goal or less in five of the last seven games. Scott Gomez (eye) left Thursday's game against Minnesota and is out indefinitely. Erik Cole scored his first goal in seven games in a 3-1 loss to Toronto on Saturday. Tomas Plekanec hasn't scored in eight games. He has two assists and is a minus-7 in that span.
THE CANADIAN PRESS

Steve Yzerman, seen here during the Vancouver 2010 Olympics, was named executive director of Hockey Canada's 2014 Olympic bid Monday. RYAN REMIORZ/THE CANADIAN PRESS FILE

Yzerman embraces 'awesome challenge'

Olympics. 'There was no reason to look at any different person to lead,' says Hockey Canada president

Steve Yzerman is looking to repeat.

The architect behind Canada's 2010 gold-medal-winning men's team at the Vancouver Olympics will once again lead the squad in 2014.

"Given the opportunity to go to Russia and compete in the Olympics again, that's too good an opportunity to pass up," Yzerman said Monday after Hockey Canada named the general manager of the Tampa Bay Lightning its executive director for the men's team at the Sochi Games.

"It's just too great a challenge and these are things I really enjoy doing. Going into Russia trying to win a gold medal will be an incredibly awesome challenge and exciting for all of us."

Yzerman's management group for the Games will include Detroit Red Wings general manager Ken Holland, Edmonton Oilers president Kevin Lowe, St. Louis Blues GM Doug Armstrong, and Bob Nicholson and Brad Pascall of Hockey Canada.

"When I met with Steve Yzerman, he didn't just want it — he really wanted to be involved and to lead this group," said Nicholson, Hockey Canada's president. "He quickly came to the conclusion that he'd like to have the same group around him that he did in Vancouver, so we're moving ahead."

Lowe, meanwhile, has also been put in charge of Canada's entry at the upcoming world hockey championship in Helsinki.

Canada has fallen to fourth in the world rankings after a pair of disappointing showings at the past two world championships.

The rankings after this year's world championship will determine how countries are seeded at the 2014 Sochi Olympics.
THE CANADIAN PRESS

No pros? No problem

Whether or not NHL players are allowed to compete in Sochi, Yzerman and his management team have committed to putting together the best entry possible.

- "I think at the end of the day, everyone will agree that it's good for the game and we'll work something out," Yzerman said. "Obviously if the NHL isn't involved, it's going to be a dramatically different tournament. You've got to figure out who will coach, who will play, but we'll work that out."

MLB

Dykstra off to prison on auto-theft charges

Disgraced ex-New York Mets outfielder Lenny Dykstra on Monday was sentenced to three years in a California state prison after pleading no contest to grand theft auto and providing a false financial statement.

Los Angeles County Superior Court Judge Cynthia Ulfig sentenced Dykstra after refusing to allow him to withdraw his plea and said the scam to lease high-end automobiles from dealerships by providing fraudulent information and claiming credit through a phoney business showed sophistication and extensive planning.
THE ASSOCIATED PRESS

Lenny Dykstra
AMY SUSSMAN/GETTY IMAGES FILE

NFL

Patriots make move to retain receiver Welker

The New England Patriots have placed the franchise tag on Wes Welker, the receiver who caught more passes than anyone else in the NFL last season.

The move means Welker would be paid about $9.5 million for next season unless the sides work out a long-term deal.
THE ASSOCIATED PRESS

CFL. Lions' Johnson retires on his 'own terms'

Wally Buono is not usually one to make bold predictions, but he offered one Monday about Brent Johnson's decision to retire after 11 CFL seasons.

"I bet you my life, he won't have a regret," said Buono.

The veteran defensive end called it a career just over three months after the Lions completed a miraculous worst-to-first run following a 0-5 start and defeated the Winnipeg Blue Bombers 34-23 in the Grey Cup game at B.C. Place.

The 35-year-old from Kingston, Ont., spent his entire CFL career with the Lions, who selected Johnson in the third round of the 2001 draft out of Ohio State.

Johnson leaves as the Lions' all-time leader in sacks with 89.

Three times he was named a CFL all-star and helped B.C. win two Grey Cups during his time with the club.
THE CANADIAN PRESS

Quoted

"It's nice to walk away from the game on your own terms. It's also nice to leave while you're still healthy."

Brent Johnson after announcing his retirement on Monday.

Baseball

Pirates close to deal with McCutchen

The Pittsburgh Pirates have spent most of the last two decades grooming talented young players only to trade them away before they became too expensive to re-sign.

They weren't going to make the same mistake with all-star centre-fielder Andrew McCutchen. The Pirates and McCutchen are closing in on a new contract that will keep the promising 25-year-old with the team through the 2017 season, with a club option for 2018. THE ASSOCIATED PRESS

Curling. Alberta's Koe in brotherly battle at Brier

One Koe brother is chasing the other atop the standings at the Canadian men's curling championship in Saskatoon.

Kevin Koe's Alberta team was the lone undefeated rink left in the field Monday night at 5-0, while younger sibling Jamie, who skips Yukon/Northwest Territories, was 4-1 alongside Ontario's Glenn Howard.

"It's so rare we're both here, but it is pretty cool seeing both (of us) at the top," Jamie Koe said.

The only other time the brothers were in the same field at the Brier was in 2010, when Kevin won the title in Halifax.

Kevin's Calgary rink was a pre-tournament favourite this year, but the Territories have been a surprise so far.
THE CANADIAN PRESS

Alberta skip Kevin Koe.
JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Lott 'not surprised' by NFL bounties

Injuries. Legendary defensive back says paying for hits is incentive system run amok

To Ronnie Lott, the thousands of dollars New Orleans Saints players were paid under their bounty system from 2009-11 is not all that different from the helmet stickers handed out at lower levels of the game.

Little rewards for big plays are as much a part of football as runs and passes.

"I never played the game to take away somebody's livelihood. Have I hurt people? Yes. I got paid to make interceptions. I got paid to cause fumbles. And I got paid to make big hits," said Lott, the Hall of Famer who was with the 49ers, Raiders and Jets during his NFL career from 1981-94.

"It goes back to when I was 10. Somebody said that if you did one of those things, you would get a sticker on your helmet. In college, they gave you that recognition if you did well," Lott said in a telephone interview Monday. "So, no. I'm not really surprised by it."

Nor, it seems, should anyone be.

Jay Coakley, professor emeritus in the sociology department at the University of Colorado, Colorado Springs, observed: "The fact that guys in a football locker-room would talk about and reward each other when they take one of their opponents out of the game — that's not surprising at all. It probably happens from the high school level on up. This is not an odd thing. Now the cash rewards and the coach approval? That formalizes it and takes it to another level.

"But we shouldn't be surprised at all that the football culture would give rise to someone wanting to take another player out. That's just obvious."

THE ASSOCIATED PRESS

Ex-NFLer

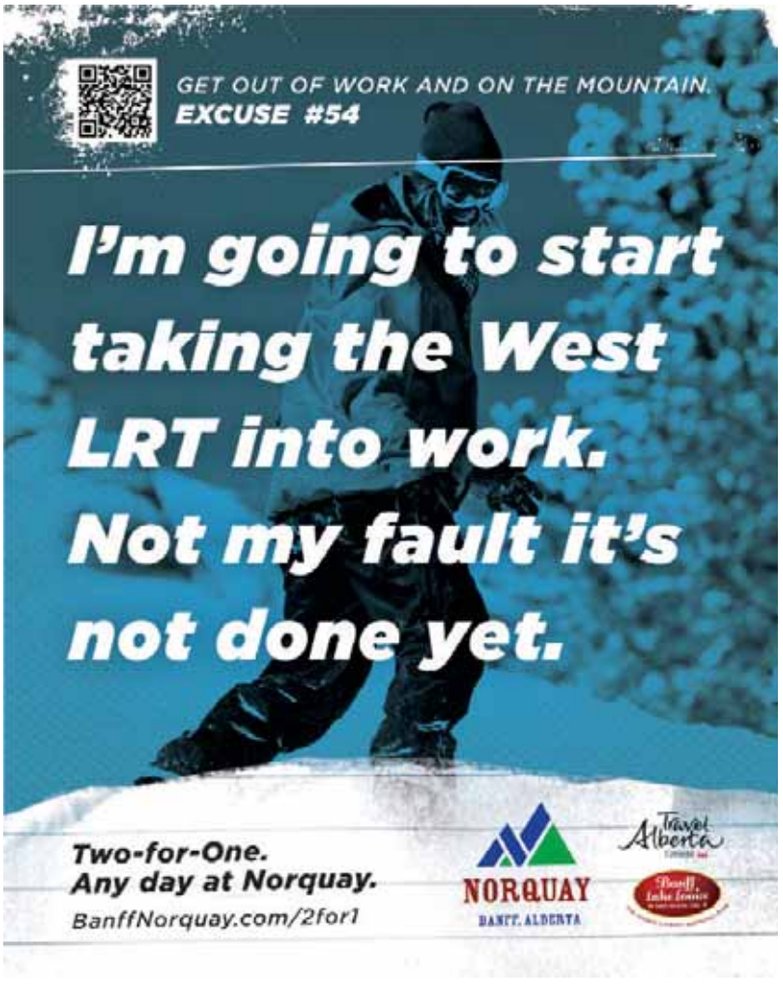
"Everybody knows those things have been around. Some people just unfortunately got caught with their hand in the cookie jar."

Former NFL offensive lineman Kyle Turley, one of hundreds of former players who are plaintiffs in concussion-related lawsuits against the NFL.

Investigation

League commissioner Roger Goodell summoned former Saints defensive co-ordinator Gregg Williams to meet with NFL investigators Monday to discuss whether he also offered bounties while working for other teams. Goodell was not at the meeting.

- After the league made its investigation public Friday, Williams admitted to, and apologized for, running a bounty pool of up to $50,000 US over the last three seasons, rewarding players for knocking opponents out of games.
- Williams — who recently left the Saints to become defensive co-ordinator of the St. Louis Rams — has also coached with the Titans, Redskins, Jaguars and Bills.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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	64	42	15	2	5	179	133	91	22-7-0-2	20-8-2-3	6-2-1-1	W1
d-Boston	64	38	23	1	2	209	150	79	19-12-1-1	19-11-0-1	4-5-0-1	L2
d-Florida	65	31	22	5	7	163	184	74	16-9-1-7	15-13-4-0	4-5-0-1	W1
Pittsburgh	65	39	21	2	3	209	168	83	21-8-2-0	18-13-0-3	8-2-0-0	W6
Philadelphia	64	36	21	2	5	210	191	79	15-10-1-4	21-11-1-1	5-5-0-0	W2
New Jersey	65	36	24	2	3	180	175	77	16-12-0-3	20-12-2-0	5-4-1-0	L1
Ottawa	67	34	25	6	2	202	198	76	17-13-2-1	17-12-4-1	6-3-1-0	L2
Winnipeg	67	32	27	4	4	176	187	72	21-10-1-3	11-17-3-1	6-2-1-1	W2
Washington	65	32	28	2	3	172	184	69	21-10-0-2	11-18-2-1	4-6-0-0	L2
Tampa Bay	65	31	28	3	3	184	219	68	20-9-1-1	11-19-2-2	7-3-0-0	W4
Buffalo	66	30	28	4	4	163	186	68	16-11-3-4	14-17-1-0	6-2-1-1	L1
Toronto	65	30	28	4	3	194	201	67	16-12-3-2	14-16-1-1	2-7-1-0	W1
NY Islanders	66	28	29	6	3	154	190	65	15-14-5-0	13-15-2-2	4-5-1-0	W2
Carolina	65	24	27	8	6	171	197	62	17-13-1-5	7-14-7-1	4-2-2-2	L2
Montreal	66	25	31	2	8	170	184	60	12-15-2-6	13-16-0-2	2-7-0-1	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	66	41	17	1	7	209	161	90	19-7-0-4	22-10-1-2	6-2-1-1	L1
d-St. Louis	66	41	18	1	6	169	131	89	26-4-1-3	15-14-0-3	7-3-0-0	W1
d-Dallas	66	35	26	1	4	174	178	75	18-12-0-3	17-14-1-1	7-1-1-1	W2
Detroit	66	43	20	1	2	209	153	89	27-4-1-1	16-16-0-1	6-3-0-1	L1
Nashville	65	38	20	3	4	184	166	83	21-7-2-3	17-13-1-1	6-2-0-2	W1
Chicago	67	36	24	4	3	202	195	79	22-7-1-3	14-17-3-0	7-3-0-0	W3
Phoenix	66	33	24	3	6	171	167	75	17-12-2-2	16-12-1-4	6-3-0-1	L3
San Jose	64	33	24	4	3	179	163	73	19-11-2-0	14-13-2-3	2-7-1-0	L2
Los Angeles	65	30	23	5	7	142	139	72	17-13-0-4	13-10-5-3	4-4-1-1	W2
Colorado	67	34	29	3	1	171	180	72	18-15-0-1	16-14-3-0	6-4-0-0	W1
Calgary	66	29	25	5	7	159	181	70	16-9-1-4	13-15-4-3	3-2-2-3	L2
Anaheim	67	29	28	4	6	170	188	68	18-14-2-0	11-14-2-6	5-4-0-1	W1
Minnesota	66	28	28	2	8	143	180	66	15-12-1-3	13-16-1-5	3-5-0-2	L4
Edmonton	65	25	34	2	4	172	196	56	16-13-2-2	9-21-0-2	3-6-1-0	L3
Columbus	65	20	38	2	5	153	214	47	11-18-1-2	9-20-1-3	4-5-1-0	W2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Winnipeg 3 Buffalo 1
Anaheim 4 Edmonton 2
Pittsburgh 2 Phoenix 1
Sunday's results
Florida 4 Ottawa 2
Dallas 3 Calgary 2 (SO)
N.Y. Rangers 4 Boston 3
N.Y. Islanders 1 New Jersey 0
Chicago 2 Detroit 1
Philadelphia 1 Washington 0
Colorado 2 Minnesota 0
Tonight's games
All Times Eastern
Boston at Toronto, 7 p.m.
N.Y. Rangers at New Jersey, 7 p.m.
Detroit at Philadelphia, 7 p.m.
Carolina at Washington, 7 p.m.
Phoenix at Columbus, 7 p.m.
Ottawa at Tampa Bay, 7:30 p.m.
Chicago at St. Louis, 8 p.m.
Los Angeles at Nashville, 8 p.m.
Minnesota at Colorado, 9 p.m.
Montreal at Calgary, 9 p.m.
Dallas at Vancouver, 10 p.m.
Edmonton at San Jose, 10:30 p.m.
Tomorrow's games
Carolina at Buffalo, 7 p.m.
Toronto at Pittsburgh, 7:30 p.m.

CALENDAR

March 12-14 — NHL general managers meeting, Boca Raton, Fla.
April 7 — Regular season ends.
April 11 — Stanley Cup playoffs begin.

JETS 3, SABRES 1

First Period
1. Winnipeg, Ladd 21 (Little) 13:45
Penalties — None.
Second Period
2. Buffalo, Tropp 2 (Ellis, Boyes) 19:25
Penalties — Slater Wpg (boarding) 5:58, Ladd Wpg (hooking) 8:33, Myers Buf (tripping) 14:01.
Third Period
3. Winnipeg, Wheeler 15 (Little) 8:02
4. Winnipeg, Thorburn 4 (Little, Enstrom) 10:54
Penalties — Roy Buf (hooking) 18:44, Kaleta Buf, Byfuglien Wpg (roughing) 19:53.

Shots

Buffalo	7	9	8	24
Winnipeg	10	8	13	31

Goal — Buffalo: Miller (L,22-18-5); Winnipeg: Pavelec (W,25-21-7). **Power plays (goals-chances)** — Buffalo: 0-2; Winnipeg: 0-2.
Referees — Eric Furlatt, Gord Swyer. **Linesmen** — David Brisebois, Mike Cvik.
Attendance — 15,004 (15,004) at Winnipeg.

SCORING LEADERS

	G	A	PT
Stamkos, TB	47	33	80
Malkin, Pgh	38	42	80
Giroux, Pha	23	52	75
Spezza, Ott	28	44	72
Kessel, Tor	32	36	68
Lupul, Tor	25	41	66
Karlsson, Ott	15	51	66
H.Sedin, Vcr	13	53	66
D.Sedin, Vcr	28	36	64
Hossa, Chi	27	37	64
Tavares, NYI	26	37	63
Neal, Pgh	30	32	62
Kovalchuk, NJ	25	37	62

Not including last night's games

CURLING

CANADIAN MEN'S CHAMPIONSHIP

TIM HORTONS BRIER

At Saskatoon
All Times Eastern
ROUND-ROBIN STANDINGS

Province (Skip)	W	L
Alberta (K. Koe)	5	0
Northwest Territories/Yukon (J. Koe)	4	1
Ontario (Howard)	4	1
Nova Scotia (J. Murphy)	3	2
British Columbia (Cotter)	3	2
Manitoba (Fowler)	3	2
New Brunswick (T. Odishaw)	2	3
Saskatchewan (Manners)	2	3
Northern Ontario (Jacobs)	2	3
Quebec (Desjardins)	1	4
Newfoundland & Labrador (Gushue)	1	4
P.E.I. (Gaudet)	0	5

Yesterday's results
SIXTH DRAW
Northwest Territories/Yukon 9 Saskatchewan 5
Ontario 9 Quebec 8 (extra end)
SEVENTH DRAW
Alberta 8 Prince Edward Island 2
British Columbia 9 Manitoba 5
New Brunswick 8 Northern Ontario 3
Newfoundland & Labrador 10 Nova Scotia 5
EIGHTH DRAW
Alberta 6 Saskatchewan 3
British Columbia 5 Quebec 4
Northwest Territories/Yukon 10 Newfoundland & Labrador 6
Ontario 6 Northern Ontario 5 (extra end)
Sunday's results
THIRD DRAW
Alberta 9 New Brunswick 4
Manitoba 8 Newfoundland & Labrador 7
Nova Scotia 5 British Columbia 3
Northern Ontario 8 Prince Edward Island 7 (extra end)
FOURTH DRAW
British Columbia 6 Saskatchewan 5 (extra end)
Northwest Territories/Yukon 8 Northern Ontario 5
Alberta 9 Quebec 2
Ontario 6 Newfoundland & Labrador 5 (extra end)
FIFTH DRAW
Northwest Territories/Yukon 10 Ontario 6 (extra end)
New Brunswick 8 Nova Scotia 6
Manitoba 8 Prince Edward Island 3
Saskatchewan 6 Quebec 5
Today's games
NINTH DRAW, 9:30 A.M.
Manitoba vs. Nova Scotia; Northern Ontario vs. British Columbia; New Brunswick vs. Prince Edward Island; Alberta vs. Newfoundland & Labrador.
DRAW 10, 2:30 P.M.
British Columbia vs. Newfoundland & Labrador; Ontario vs. Saskatchewan; Alberta vs. Northern Ontario; Quebec vs. Northwest Territories/Yukon.
DRAW 11, 7:30 P.M.
Prince Edward Island vs. Northwest Territories/Yukon; New Brunswick vs. Quebec; Manitoba vs. Ontario; Saskatchewan vs. Nova Scotia.
Tomorrow's games
DRAW 12, 9:30 A.M.
Northern Ontario vs. Quebec; Northwest Territories/Yukon vs. Alberta; Newfoundland & Labrador vs. Saskatchewan; British Columbia vs. Ontario.
DRAW 13, 2:30 P.M.
Saskatchewan vs. New Brunswick; Prince Edward Island vs. Ontario; Quebec vs. Nova Scotia; Northwest Territories/Yukon vs. Manitoba.
DRAW 14, 7:30 P.M.
Manitoba vs. Alberta; Nova Scotia vs. Northern Ontario; Prince Edward Island vs. British Columbia; Newfoundland & Labrador vs. New Brunswick.

SOCCER

EUROPEAN CHAMPIONS LEAGUE

SECOND ROUND

SECOND LEG
All Times Eastern
Today's games
Arsenal (England) vs. AC Milan (Italy), 2:45 p.m.
Benfica (Portugal) vs. Zenit St. Petersburg (Russia), 2:45 p.m.
Tomorrow's games
APOEL Nicosia (Cyprus) vs. Lyon (France), 2:45 p.m.
Barcelona (Spain) vs. Bayer Leverkusen (Germany), 2:45 p.m.
Tuesday, March 13
Bayern Munich (Germany) vs. Basel (Switzerland), 3:45 p.m.
Inter Milan (Italy) vs. Marseille (France), 3:45 p.m.
Wednesday, March 14
Chelsea (England) vs. Napoli (Italy), 3:45 p.m.
Real Madrid (Spain) vs. CSKA Moscow (Russia), 3:45 p.m.

NCAA BASKETBALL

MEN'S AP TOP 25 POLL

Through March 4

	Record	Pts	Prv
1. Kentucky (63)	30-1	1,623	1
2. Syracuse (2)	30-1	1,561	2
3. Kansas	26-5	1,482	3
4. North Carolina	27-4	1,442	6
5. Missouri	27-4	1,343	7
6. Duke	26-5	1,262	4
7. Ohio St.	25-6	1,251	10
8. Michigan St.	24-7	1,149	5
9. Marquette	25-6	1,087	8
10. Michigan	23-8	945	13
11. Murray St.	30-1	922	12
12. Baylor	25-6	909	9
13. Georgetown	22-7	873	11
14. Wisconsin	23-8	853	14
15. Indiana	24-7	707	18
16. Wichita St.	27-5	492	15
17. Florida St.	21-9	468	22
18. San Diego St.	24-6	441	21
19. Creighton	28-5	364	25
20. UNLV	25-7	360	17
21. Temple	24-6	343	23
22. Florida	22-9	305	16
23. Notre Dame	21-10	256	20
24. Gonzaga	25-5	170	—
25. Iowa St.	22-9	127	—

Others receiving votes: Saint Mary's (Cal) 88, Louisville 84, Drexel 83, New Mexico 64, Virginia 34, Memphis 13, VCU 6, Vanderbilt 6, Cincinnati 5, Long Beach St. 3, Kansas St. 2, Harvard 1, Saint Louis 1.
Ballots Online: http://tinyurl.com/43u6jr6
Last night's result
At Las Vegas
Saint Mary's (Cal) 78 **No. 24** Gonzaga 74 (OT)
Tomorrow's game
All Times Eastern
No. 13 Georgetown vs. St. John's or Pittsburgh at Madison Square Garden, 2:30 p.m.

LACROSSE

NLL

WEEK 10
All Times Eastern
Friday's games
Philadelphia at Toronto, 7:30 p.m.
Calgary at Edmonton, 9 p.m.
Saturday, Mar. 10
Boston at Rochester, 1:05 p.m.
Edmonton at Calgary, 9 p.m.
Washington at Colorado, 9 p.m.
Sunday, Mar. 11
Colorado at Washington, 8 p.m.

TENNIS

ATP MONEY LEADERS

Through March 4
All Figures U.S.

1. Novak Djokovic	$2,460,290
2. Roger Federer	$1,293,375
3. Rafael Nadal	$1,236,485
4. Andy Murray	$711,637
5. David Ferrer	$662,621
6. Juan Martin del Potro	$625,868
7. Tomas Berdych	$447,450
8. Jo-Wilfried Tsonga	$377,368
9. Milos Raonic	$350,461
10. Jurgen Melzer	$349,573
11. Radek Stepanek	$347,932
12. Nicolas Almagro	$309,745
13. Kei Nishikori	$263,021
14. Leander Paes	$250,488
15. Fernando Verdasco	$244,524
16. Mikhail Youzhny	$227,634
17. Philipp Kohlschreiber	$222,446
18. Michael Llodra	$222,427
19. Richard Gasquet	$214,983
20. Gael Monfils	$201,514

WTA MONEY LEADERS

Through March 4

1. Victoria Azarenka	$2,921,950
2. Maria Sharapova	$1,231,350
3. Agnieszka Radwanska	$832,084
4. Kim Clijsters	$492,691
5. Petra Kvitova	$492,201
6. Sara Errani	$417,810
7. Julia Goerges	$414,920
8. Caroline Wozniacki	$388,668
9. Svetlana Kuznetsova	$348,831
10. Vera Zvonareva	$321,976
11. Jelena Jankovic	$297,342
12. Ekaterina Makarova	$267,677
13. Samantha Stosur	$264,157
14. Marion Bartoli	$237,216
15. Daniela Hantuchova	$231,008
16. Roberta Vinci	$223,164
17. Angelique Kerber	$201,482
18. Iveta Benesova	$188,981
19. Zheng Jie	$187,406
20. Li Na	$177,223

GOLF

WORLD RANKING

Through March 4

1. Rory McIlroy	NIR	9.29
2. Luke Donald	ENG	8.97
3. Lee Westwood	ENG	8.19
4. Martin Kaymer	GER	6.02
5. Steve Stricker	USA	5.71
6. Webb Simpson	USA	5.07
7. Jason Day	AUS	5.03
8. Dustin Johnson	USA	5.02
9. Charl Schwartzel	SAF	4.99
10. Hunter Mahan	USA	4.97
11. Adam Scott	AUS	4.96
12. Phil Mickelson	USA	4.96
13. Bill Haas	USA	4.62
14. Matt Kuchar	USA	4.56
15. Graeme McDowell	NIR	4.40
16. Tiger Woods	USA	4.40
17. Nick Watney	USA	4.36
18. Sergio Garcia	ESP	4.09
19. Brandt Snedeker	USA	4.07
20. Keegan Bradley	USA	4.06
21. K.J. Choi	KOR	4.01
22. Justin Rose	ENG	3.71
23. Bubba Watson	USA	3.60
24. Mark Wilson	USA	3.53
25. Ian Poulter	ENG	3.40
26. Paul Casey	ENG	3.38
27. Peter Hanson	SWE	3.34
28. Alvaro Quiros	ESP	3.32
29. David Toms	USA	3.29
30. Thomas Bjorn	DEN	3.28

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	32	8	.800	—
d-Miami	28	9	.757	2½
Orlando	25	14	.641	6½
d-Philadelphia	22	17	.564	9½
Indiana	23	13	.639	7
Atlanta	22	15	.595	8½
Boston	19	17	.528	11
New York	18	19	.486	12½
Milwaukee	15	23	.395	16
Cleveland	13	23	.361	17
Toronto	12	26	.316	19
Detroit	12	26	.316	19
New Jersey	12	26	.316	19
Washington	8	29	.216	22½
Charlotte	4	31	.114	25½

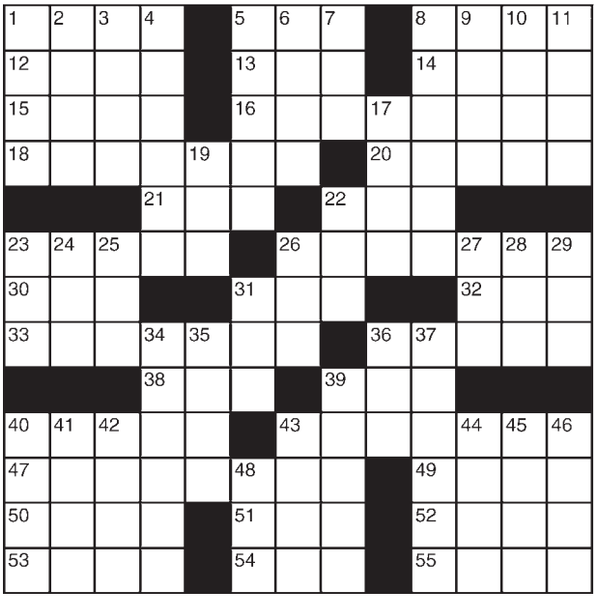
WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	30	8	.789	—
d-San Antonio	25	12	.676	4½
d-L.A. Lakers	23	14	.622	6½
L.A. Clippers	22	14	.611	7
Memphis	22	15	.595	7½
Dallas	22	17	.564	8½
Denver	22	17	.564	8½
Houston	21	17	.553	9
Minnesota	20	19	.513	10½
Utah	18	19	.486	11½
Portland	18	19	.486	11½
Phoenix	17	20	.459	12½
Golden State	15	20	.429	13½
Sacramento	12	26	.316	18
New Orleans	9	28	.243	20½

d — division leaders ranked in top four positions regardless of record.

Last night's results
Utah 109 Cleveland 100
Orlando 92 Toronto 88
Golden State 120 Washington 100
Chicago 92 Indiana 72
Oklahoma City 95 Dallas 91
Minnesota 95 L.A. Clippers 94
Milwaukee 97 Philadelphia 93
Denver 119 Sacramento 116 (OT)
New Orleans at Portland
Sunday's results
Boston 115 New York 111 (OT)
L.A. Lakers 93 Miami 83
New Jersey 104 Charlotte 101
Toronto 83 Golden State 75
L.A. Clippers 105 Houston 103 (OT)
Chicago 96 Philadelphia 91
Phoenix 96 Sacramento 88
Denver 99 San Antonio 94
Tonight's games
All Times Eastern
Orlando at Charlotte, 7 p.m.
Atlanta at Indiana, 7 p.m.
Houston at Boston, 7:30 p.m.
L.A. Lakers at Detroit, 7:30 p.m.
New Jersey at Miami, 7:30 p.m.
New York at Dallas, 8:30 p.m.
Tomorrow's games
Utah at Charlotte, 7 p.m.
Houston at Toronto, 7 p.m.
L.A. Lakers at Washington, 7 p.m.
Boston at Philadelphia, 7 p.m.
Atlanta at Miami, 7:30 p.m.
Phoenix at Oklahoma City, 8 p.m.
Portland at Minnesota, 8 p.m.
Chicago at Milwaukee, 8 p.m.
L.A. Clippers at New Jersey, 8 p.m.
New York at San Antonio, 8:30 p.m.
Cleveland at Denver, 9 p.m.
New Orleans at Sacramento, 10 p.m.
Memphis at Golden State, 10:30 p.m.

Crossword



Across

1 Perches
5 Recipe meas.
8 Diploma owner, for short
12 Versifier
13 — carte
14 Unusual
15 Basin accessory
16 Seek office, perhaps
18 Arthur's kingdom
20 Pester
21 Family member
22 Aged
23 Steed
26 "Avatar" writer/director
30 "— Got a Secret"
31 Distant
32 Lawyers' org.
33 Mothball material, once
36 Street urchin
38 "— the fields we go"
39 Wager
40 Animal track
43 Fine white linen
47 "Wichita Lineman" singer
49 Relaxation
50 Sheltered
51 Fish eggs
52 Aspen equipment
53 Flex
54 Toss in
55 Exam

Down

1 Detail, for short
2 Primary state
3 Abound
4 Emphasize
5 Mexican entrees
6 Venetian blind
part
7 Cooking spray brand
8 Starbucks order
9 Picnic hamperer
10 Jason's ship
11 Say it isn't so
17 Tropical tree
19 Whopper
22 Rowing need
23 Toper's interruption
24 Eggs
25 Sleep phenom
26 Ford or Lincoln
27 Aries
28 Japanese sash
29 Tandoori bread
31 Supporting
34 Exhausted
35 KFC ingredient
36 Jewel
37 Optimally
39 Bundled, as hay
40 Wound cover
41 Wan
42 Portent
43 Lummox
44 Croupier's tool
45 Wife of Osiris
46 "— la vie"
48 Historic period

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Monday's answer

S	E	E	S		S	A	P		P	A	P	A		
T	A	R	A		T	I	A		A	N	A	G		
A	S	I	F		E	X	C	A	V	A	T	E		
B	E	C	A	L	M		T	I	L	T	E	D		
			R	O	W	S		D	O	H				
E	S	T	I	M	A	T	E		V	E	N	T		
B	A	H		B	R	A	V	O		M	O	O		
B	O	R	G		E	N	E	R	V	A	T	E		
		I	R	E		K	N	E	E					
F	A	V	O	R	S		N	O	R	M	A	L		
E	M	I	G	R	A	T	E		B	A	M	A		
T	I	N	G		G	A	S		A	N	E	W		
E	D	G	Y		A	B	S		L	E	N	S		

Sudoku

							4	3
		9			6			
3		1	2		5			
2	9			4		5		6
			8		2			
5		4		9			7	1
			3		8	4		2
			9			7		
4	6							

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

2	6	4	5	7	8	9	3	
8	5	3	4	1	9	7	6	
9	7	1	3	6	2	5	8	
1	9	8	7	2	4	3	5	
6	3	2	9	5	1	8	4	
7	4	5	8	3	6	2	1	
5	1	7	2	4	3	6	9	
4	2	9	6	8	5	1	7	
3	8	6	1	9	7	4	2	

Send a kiss

- **Nami.** This may be no secret, but I have loved you for a very long time. We've recently reconnected and I've never been so optimistic for my future. I hope you feel the same... From This Guy.
- **Team 4.** Dear Team 4, our time together has been the best of my life. When I dream I dream of you, I hope you know that. I hope that we can be together always. From Champion
- **you.** roses are red, violets are blue, waiting to hear from someone, that someone is you! From Blonde little girl.
- **kc.** Im going home now, hope you feel better, remember just dont lookme in thee eye and this will be easier, becasue i know if you do, you'll feel bad for me,, and i already recieved enough of your pity!!! Never wanted pity, wanted love but, well i guess for you and me there's always gunna be a BUT ehhh <3 From jg
- **Dear: Girlfriend in a Coma.** I miss you and I want a real kiss. You're so wet because I've been crying all over your face. Wake up, I want you!! Please Wake Up

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: -5° MIN: -9°	MAX: 6° MIN: -8°	MAX: 9° MIN: -6°

BT BREAKFAST TELEVISION
ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

Horoscope

Aries | March 21 - April 20. You may not approve of a loved one's actions but neither are you going to condemn them.

Taurus | April 21 - May 21. The most important thing today is that you decide what you are going to do. Don't keep changing your mind.

Gemini | May 22 - June 20. If you don't feel happy where you are at the moment by all means get up and go some place else.

Cancer | June 21 - July 22. Try not to read anything dramatic into what others are saying.

Leo | July 23 - Aug. 22. If a friend makes a suggestion today you must listen.

Virgo | Aug. 23 - Sept. 22. The cosmic picture is somewhat uncertain today, so it might be wise to bet only on certainties.

Libra | Sept. 23 - Oct. 22. Who says you have to see things the same way as everyone else? You're a Libra. You're different.

Scorpio | Oct. 23 - Nov. 21. You can expect some really good things to happen over the next few days. Creatively and romantically you should set your sights high.

Sagittarius | Nov. 22 - Dec. 21. An older relative knows more about a situation than you do, so make sure you listen to, and act on, their advice.

Capricorn | Dec. 22 - Jan 20. You will find it difficult to make up your mind about something that would usually take you about three seconds to deal with.

Aquarius | Jan. 21 - Feb 18. There are so many opportunities available to you now that you may find it hard deciding which one to take advantage of. Go with the idea that first comes to mind.

Pisces | Feb. 19 - March 20. Do what you want to do today and don't worry if those around you think it's a bad idea.

SALLY BROMPTON

Caption Contest

"Give me a T"
Phil

KATHY WILLENS / THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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Marlborough Mall
Pacific Place
Sunridge Mall
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323 - 2555 32nd St. NE
1353 32nd Ave. NE

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Bow Valley Square
Chinook Centre
Southcentre Mall
TD Square
Westbrook Mall
Westhills Towne Centre
6039 Centre St. S
1708 8th St. SW
16061 MacLeod Trail S
6100 MacLeod Trail S
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4410 50th Ave. SE
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